

Nutritional Information - FAQ's about FIXX Shake

Sustainable, long lasting energy, and protein in one!

A major part in the success of Ketopia is all thanks to FIXX. FIXX is made with the highest-quality clean ingredients and is designed to support your weight management goals along with the rest of the Ketopia system. Simply put, FIXX is a delicious 24-Karat® Chocolate meal replacement energy shake.*

This is the FIXX you need

The main ingredient in FIXX is cold-processed whey from New Zealand. Ketopia sets a high standard with the whey that is used. It comes from clean, pasture-raised cows and contains no second-hand antibiotics, or hormones, and is 99% lactose free. Because this shake is a meal replacer, we also added 30 organic fruits and vegetables, along with antioxidants, vitamins, minerals and probiotics. Ketopia FIXX Shakes are created to provide you with a naturally nutritious meal replacement option.

The Best Ingredients, for the Best results.

1. 24-Karat Chocolate® powder
2. Organic whey protein
3. Organic vegetable blend that includes: carrot, broccoli, tomato, cucumber, kale, spinach, parsley, cabbage, celery, cauliflower, green bell peppers, asparagus, Brussel sprouts, onion, garlic and ginger
4. Organic fruit blend that includes: apple, grape, grapefruit, orange, pineapple, lemon, lime, cherry, watermelon, pear, mango, strawberry, papaya, tangerine and apricot
5. Probiotic blend
6. Chromium
7. Guarana powder
8. Vitamins A, B1, B2, B6, B12 and D3

Laying a Solid Foundation

Anyone who has looked around to find a good meal replacement shake option knows that there are countless options for products that claim to help us reach our weight management goals. The problem is, many of them are loaded with hormones, sugar, second hand antibiotics, genetically modified fillers and chemicals. These are ways for product manufacturers to cut corners and cost. It's easy to see the difference when FIXX is compared to other products.

The worst part about companies putting those type of cheap ingredients is that our bodies are not designed to digest or even use them! So for many of the products out there, if we replace our meals with them, we can be left depleted, wanting more, and greatly risk unwanted weight gain.

Another essential building block for the human body is Protein. It is used for the body to repair and rebuild damaged cells. In fact, protein is found in every cell in the body and its used to build new cells. For healthy development, protein plays an indispensable role and is essential to the body's production of important enzymes and hormones.

With protein, your body doesn't process it the same way it processes carbohydrates and fat. This means that getting the right amount of protein is crucial in managing cravings and maintaining healthy blood sugar levels.

When working to achieve healthy weight management goals, a balanced breakfast is key. Having breakfast that is high in protein will help manage your cravings all day long so you can focus on your physical goals. Start your day with FIXX and have energy for the whole day while keeping your appetite in check!*

Why Whey?

FIXX will give you a great start for any day. It tastes great, has plenty of protein and nutrients. But as with everything else in Ketopia™s 10 Day Reset, the focus here is with weight loss. So how can FIXX be so great, and help with weight loss too?*

The answer is Whey. Recently, a study was performed at the University of Missouri-Columbia. According to the results, eating a well balanced breakfast can help people experience fewer cravings for sweet foods throughout the day. The study also showed that higher-protein breakfasts have beneficial effects on the appetitive hormonal and neural signals that control energy intake regulation in overweight individuals.

Another recent study which was performed at Australia's University of Adelaide found that a high-protein diet diminishes the need for calorie intake, and that whey protein is more effective than red meat in reducing body weight gain and increasing insulin sensitivity. Which is good because one of the biggest health problems faced today is that people are becoming insulin resistant, making it difficult for them to lose weight.

Whey helps to increase lean muscle and burn fat. It is better absorbed before any form of exercise, and has even been shown to have a positive effect on stress and mood. An article from the American Journal of Clinical Nutrition stated that whey "improved coping ability, probably through alterations in brain serotonin."*

All you need, with nothing you don't need!

- All-natural ingredients
- Rich in antioxidants
- Certified hormone and pollutant-free proteins
- 30 organic fruits and vegetables
- Sweetened naturally
- 4 grams of fiber per serving
- No soy protein
- No gluten
- No GMOs
- No artificial colors or flavorings
- No preservatives
- No added sugar
- Tastes amazing

What are the benefits of the FIXX Shake?

- Supports balanced blood sugar levels
- Enhances muscle endurance and joint health
- Assists in energy and weight loss
- Supports immune function
- Promotes beneficial digestive tract bacteria
- Provides vital amino acids and protein for overall health
- Supports optimal metabolic function for maximum weight control

How to I take the FIXX Shake?

Drink 3 hours after eating your Dough Bite if you are using it as part of the 10 Day Reset, or 3 hours since you last ate if just using it as a meal replacement. Have with 8-10 oz. water.

Does the FIXX Shake contain corn? No, it does not.

Is the FIXX Shake gluten free? Yes, all Ketopia products are

Is the FIXX Shake vegan / vegetarian friendly? No. It contains whey protein.

What is the shelf life of the FIXX Shake? FIXX Shakes have a 2-year shelf life.

FIXX Shake

Nutrition Facts			
Serving Size: 1 Pouch (35g)			
Amount Per Serving			
Calories	120		
Calories from Fat	10		
		% Daily Values*	
Total Fat	1g		2%
Saturated Fat	0.2g		1%
Sodium	230mg		10%
Potassium	180mg		5%
Total Carbohydrates	10g		5%
Dietary Fiber	1g		40%
Sugars	3g		
Protein	11g		22%
Vitamin A	30%	Vitamin C	30%
Calcium	35%	Iron	15%
Vitamin D	10%	Vitamin E	25%
Thiamin	70%	Riboflavin	25%
Niacin	65%	Vitamin B6	100%
Folate	200%	Vitamin B12	60%
Biotin	80%	Pantothenic Acid	25%
Phosphorus	20%	Magnesium	26%
Selenium	80%	Manganese	70%
*% Daily Values (%DV) are based on a 2,000 calorie diet			

Ingredients: whey protein concentrate, 24-Karat Chocolate® cocoa powder, fructooligosaccharides, isomalto-oligosaccharide, sunflower creamer, coconut creamer, chocolate flavor, inulin, digestion resistant maltodextrin, tricalcium phosphate, guarana extract, non-fat dry milk, potassium citrate, magnesium citrate, erythritol, xanthan gum, ginger root, stevia leaf extract, sea salt, D-ribose, acerola cherry, lactobacillus acidophilus, enzyme blend (protease, amylase, lipase, cellulase), inositol, cholecalciferol, vanilla flavor, biotin, D-alpha-tocopherol, acid succinate, niacinamide, selenomethionine, retinyl acetate, calcium-d-pantothenate, manganese citrate, chromium picolinate, pyridoxine hydrochloride, riboflavin, thiamine hydrochloride, methylcobalamin, calcium-L-methylfolate.
Contains: milk and coconut.

For further information on the Ketopia Body Transformation Program visit any of the following pages:

www.nurtureNESS.com.au www.nurtureness.fgxp.com/#/getketopia

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